



Active Adult Recreation

July - September 2013

SENIOR NEWS

City of Chandler Senior Center

202 E. Boston Street
Chandler, AZ 85225

480-782-2720

Fax: 480-782-2725

www.chandleraz.gov/senior-adult

Monday–Friday

8 am– 5 pm

Holiday Closures:

July 4 and September 2

BULLETIN BOARD

Time to Party!

Wednesday, July 3: Red, White, and Blue Party – 10 am



God bless the USA! Wear your red, white, and blue and let's celebrate the birthday of our great nation! The Wheelers are performing, so you know it's gonna be good!

Friday, July 12: "Swing Kids" and Ice Cream Social – 10 am

Bill Clinton (not the former president) is back again with his little swing dancers ranging from ages 5 to 18! Come enjoy this show of song and dance featuring military songs, fifties tunes, and a whole lot of swing. And it's served with an ice cream sundae made to your liking!



Monday, August 19: Luau – 10 am



Aloha! It's HOT outside and we're in a desert... so we're bringing paradise to YOU! Wear your best Hawaiian get-up and get ready to hula!

Grandparent's Day

A Community Event!

Saturday, September 7

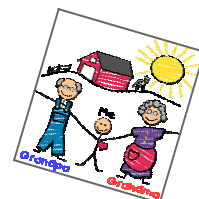
10 am–12 pm

Bring your grandchildren out for a day with their favorite grandparent... you!

Food, activities, crafts, entertainment, and more!

Only \$5 for every grandparent/child duo and \$2 for every extra person!

Pre-registration is strongly encouraged! Registration Code: #444SC.173



INSIDE THIS ISSUE:

Activity, Trip and
Class Registration
and Cancellation
information

2

Weekly Activities

3

Classes/Speakers

4

Excursions

5

April Calendar

6

May Calendar

7

June Calendar

8

Overnight Excursion Opportunity Laughlin Trip:

Edgewater Hotel and Casino
September 15-17, 2013

Includes 2 nights lodging, motorcoach,
transportation and 1 buffet!

\$99 per person based on double occupancy
\$129 per single occupancy

Reserve your spot now!

SENIOR CENTER TEAM

City of Chandler Recreation

Recreation Coordinator II: Nancy Jackson (480) 782-2722

Recreation Coordinator I: Eliza Mercado (480) 782-2741

Recreation Coordinator I (Therapeutics): Collette Prather (480) 782-2709

Customer Service Representative: Loretta Colson (480) 782-2720

Chandler Christian Community Center

Senior Food Programs Manager: Kelly Delgado (480) 503-6058

Food Program Specialist: Phil Vitano (480) 782-2721

SENIOR NEWS

July - September 2013

SITE COUNCIL

Do you want to have a voice in what happens at the Senior Center? Then attend our Senior Site Council meetings! Meetings are held regularly on the 3rd Monday of each month at 9:30 am except for the hot months of July and August. Our next meeting will be September 16th.

President: Edna Robinson

Vice President: Maretta Wood

Treasurer: Betty Crawford

Secretary: Judy Monninger

Members: Bill Bennet, Leonard Bhaerman, Thelma Brown, Doris Campbell, Leonardo Chapelle, Ira Hutchinson, Dwayne Jacobs, Bert Johanson, LaVerne Johanson, Edna Kelch, Ann Moore, Rosemary Morton, George Pace, Kiyoko Romero, Nick Simiz, Prannath Tiku, Fred Utter
Staff: Nancy Jackson, Recreation Coordinator II, City of Chandler

Menu Committee: The next menu meeting will be held August 25 at 1:30 pm at the Gilbert Senior Center.

LUNCH AT THE SENIOR CENTER

Meals are served Monday – Friday at 11:30 am.

Arrive by 11:00 am to check in for lunch.

Please note that monthly menus can be picked up at the front desk of the Senior Center or found at our website www.chandleraz.gov/senior-adult.

Reservations are not required but are strongly encouraged.



Suggested donation is \$2.50 for seniors who are 60 years and older, and \$4 for those under 60.

ACTIVITY, TRIP AND CLASS REGISTRATION AND CANCELLATION INFORMATION

Registration is NOT accepted by phone. Please send all registration material to/or drop off at:

Chandler Senior Center

202 East Boston St.

Chandler, Arizona 85225

Faxes are accepted ONLY when no payment is required or payment is made by credit card. Our fax number is 480-782-2725.

Registration

- Complete and sign the Activity and Trip Registration form for each activity, trip, etc. Multiple activities, classes and trips may be submitted on one form. No registration forms will be processed without payment. Space is limited, so please register early!

Cancellation & Refunds

- All cancellations must be made 24 hours in advance (weekends not included) to have money placed on your account for future use. If less than 24 hours, your registration fee will be forfeited.

Some available classes:

- Line Dancing, Clogging
- Basic Computer
- Email/Internet
- Writing Family Memories
- Tai Chi
- Yoga and Meditation
- Passport Spanish
- Zumba Gold

Happy Birthday USA!



SENIOR NEWS

July - September 2013

WEEKLY ACTIVITIES

MONDAY

- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Bingo, Bridge 12 pm
- Hand and Foot 1-3 pm

TUESDAY

- Quilting 8:30 am
- Handwork 8:30 am
- Bridge 9 am
- Pinochle 12 pm
- Mah-Jong, Hand/Foot 12:30 pm

WEDNESDAY

- Ceramics 8 am
- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Karaoke 10 am
- Gardening Club 10:30 am
- Bingo, Pinochle 12 pm
- Hand/Foot 12:30 pm

THURSDAY

- Quilting 8:30 am
- Bridge 9 am
- Crafts 9 am
- Food Box/ Bread Distribution 10 am
- Cribbage 12 pm
- Scrabble 12:30 pm
- Mexican Train Dominoes 12:30 pm
- Euchre 1 pm
- Bowling at Kyrene Lanes (\$6) 1 pm

FRIDAY

- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Bingo, Bridge 12 pm
- Mexican Train Dominoes 1 pm

MONDAY-FRIDAY ACTIVITIES

- Coffee Clatch 8 am
- Computer Lab 8 am-5 pm
(excluding class time)
- Pool table 8 am-5 pm
(excluding exercise time and bridge)
- Lunch 11:30 am

SPECIAL SERVICES

Have Questions?

Call the **Senior Help Line** 602-264-4357

Transportation: Dial a Ride 480-633-0101 ext. 4

Coupons for Cabs 480-962-7433

Peer Counseling: These free support services can help you work through problems, manage stress, achieve goals and help cope with grief or depression. Contact Renee Ouellet with EMPACT at (602) 672-5048 for details and to make an appointment.

Diane Ayers with United Healthcare/ Secure Horizons will be available for consultations on July 18, August 8, and September 12 at 10 am.

Benefits Assistance Program: Area Agency on Aging provides free Medicare consultations the second Monday of every month. Call the front desk to make a half-hour appointment.

John Anthofer with Cigna Healthcare is available on July 11, August 15 and September 19 from 10 - 11 am for consultations.

Blood Pressure Checks: Sebyrna from Westchester Senior Living provides free blood pressure checks the first Thursday of every month from 9 - 10 am.

AARP Driver Safety Program: Classes are offered the third Thursday of every month from 1-5 pm! Class fee is \$12 for AARP members, and \$14 for non-AARP members. Sign up in advance! ***There will be no classes in September.

Alzheimer's Support Group: Do you know someone showing signs of Alzheimer's? Are you struggling yourself? Copper Creek Inn Memory Community is facilitating a support system. Meet the fourth Friday of every month at 10 am in the lounge.

Legal Aid: Attorney Cami Pickett is available for scheduled legal counseling only on September 18 from 9 am to 12 pm. Sign up at the front desk for 1/2 hour appointments!

MedAssure: Keith from MedAssure will be in to adjust your ambulatory devices. He can fix your wheelchair, walker or cane! Just bring it in July 31 or September 25 at 10 am!

BMI Screenings: Gemini Hospice offers free BMI screenings the third Thursday of every month starting at 9 am.

July - September 2013

MONTHLY OUTINGS

Movies and Lunch!!!

What more could you want!?

Sign up at the Senior Center and come join us!
Transportation is provided and you pay your way!

July

No trips in July - Too Hot!

August

Movie: August 6 - TBD

Lunch: August 21 - Venezia's

September

Movie: September 10 - TBD

Lunch: September 18 - Dragon Wok

Monthly Trips to the Casino

Tour the casinos around town with us!

July 31

Vee Quiva Casino

Their renovated casino just opened July 2nd!

Cost: \$5

Registration Code: #443SC.443

Pick up at 8:30 am

August 28

Cliff Castle Casino in Camp Verde

Cost: \$20 and you get that back when you get to the casino for playing money

Registration Code: #444SC.443

Pick up at 8:00 am

September 15-17

Overnight Laughlin trip

See front page for more details or call the front desk!

All cancellations made 24 hours or more in advance will have the \$5 put on account for future use. All cancellations made less than 24 hours in advance will forfeit their fee. Please register at the front desk.

EDUCATION

Educational Meetings in the lounge at 10 am:

- July 1 - "Heat Stress Prevention"
- July 9 - Desert Cove: Dr. Ponce answers Medical Inquiries
- July 11 - John with Cigna is here for consultations
- July 15 - Medicare's updated "Competitive Bidding" presentation
- July 16 - Open Share Group with Ann Moore and Paty Potter
- July 18 - Diane with United Healthcare is here for consultations
- July 22 - St. Sinai Jewish Cemetery
- July 23 - San Tan Chiropractic
- July 26 - Copper Creek's Alzheimer's Support Group
- July 26 - Laughter Yoga
- July 29 - "Natural Health and Wellness without spending the money!"
- July 30 - Open Share Group with Ann Moore and Paty Potter
- August 8 - Diane with United Healthcare is here for consultations
- August 9 - "Where are my keys?" with Penny Fox
- August 13 - Desert Cove: Dr. Ponce is back!
- August 13 - Open Share Group with Ann and Paty
- August 15 - John with Cigna is here for consultations
- August 23 - Copper Creek's Alzheimer's Support Group
- August 27 - Open Share Group
- August 30 - Laughter Yoga
- September 10 - Desert Cove and Dr. Ponce!
- September 10 - Open Share Group with Ann and Paty
- September 12 - Diane with United Healthcare is here for consultations
- September 13 - "Know the 10 signs of Alzheimer's"
- September 19 - John with Cigna is here for consultations
- September 24 - Open Share Group with Ann and Paty
- September 26 - Free Flu Clinic with Safeway
- September 27 - Alzheimer's Support Group
- September 27 - Laughter Yoga

Also available in September, AARP Finance 50+ class to help manage your finances! The class comes with a workbook and will offer you monetary incentives! Sessions are September 6, 13, and 20 from 1-2:30 p.m. and is completely free! Sign up at the front desk!

July - September 2013

ADVENTURES AND EXCURSIONS

Saturday, July 20 - Arena Football: Rattler's Game!

Activity Code: #445SC.473

Cost: \$17 registration fee, \$23 non-residents

- Do you love football? Do you love air-conditioning? Do you love lots of excitement and high scoring games? Arena football is for you! Come cheer on the Arizona Rattlers!
- Leave the Senior Center at 5:00 pm
- Return time approximately 9:00 pm

Wednesday, July 24 - Diamondbacks Game

Activity Code: #446SC.443

Cost: \$22 registration fee, \$30 non-residents

- For all you baseball fans, this is a game you won't want to miss as the Arizona Diamondbacks take on the Chicago Cubs. Bring your glove and your hat and let's go out to the ball game!
- Leave the Senior Center at 5:30 pm
- Return time approximately 10:00 pm

Thursday, August 15 - Hale Theater: Hairspray

Activity Code: #447SC.463

Cost: \$22 registration fee, \$30 non-residents

- Go back to the 1960's in Baltimore where queen-sized teen, Tracy Turnblad uses her dance moves and ambition to win herself a place on the local TV dance program. Watch and sing with Tracy as she teaches her town about integration and perfectly coiffed hair! You'll recognize hits like "Good Morning Baltimore" and "Hairspray". Winner of 8 Academy Awards, you won't want to miss this!
- Leave the Senior Center at 6:00 pm
- Return time approximately 10:00 pm

Tuesday, August 27 - ASU Art Museum

Activity Code: #448SC.433

Cost: \$3 registration fee, \$5 non-residents

- The ASU Art Museum showcases contemporary art, new media and crafts from Arizona and the Southwest region of the United States. And the best part is, it's FREE! Your \$3 pays for registration, transportation, and commitment but museum entrance is free! We're getting a personalized tour for our group before the museum even opens! Bring some extra cash for a light lunch before we head home!
- Leave the Senior Center at 9:15 am
- Return time approximately 12:00 pm

Wednesday, September 11 - Musical Instrument Museum

Activity Code: #442SC.143

Cost: \$3 registration fee, \$5 non-residents

- A gem in the desert, the Musical Instrument Museum exhibits music, instruments and sounds from all over the world! You just walk around with headphones on and listen to the interactive tour as you get close to different exhibits. Beware, this museum may take several hours to tour if you take your time! It's absolutely wonderful! Bring your \$18 to get into the museum as well as money for lunch in their quaint café.
- Leave the Senior Center at 9:00 am
- Return time approximately 2:00 pm

Thursday, September 19 - Another Diamondbacks Game

Activity Code: #443SC.153

Cost: 22 registration fee, \$30 non-residents

- This time our Diamondbacks are taking on the Los Angeles Dodgers! This is a daytime game so you'll be home in plenty of time for dinner!
- Leave the Senior Center at 11:30 am
- Return time approximately 4:00 pm

EVENTS CALENDAR

- July 1 - City of Chandler's Safety Analyst, Tony Dominguez talks on Heat Prevention
- July 3 - Red, White, and Blue party!
- July 5 - Heather teaches how to create cute, homemade cards
- July 8 - Medicare Assistance Volunteers are here to answer questions. Sign up!
- July 8 - Try out a drumming circle!
- July 9 - Dr. Ponce with Desert Cove gives Medical talk
- July 11 - Westchester Senior Living offer Free Blood Pressure Checks!
- July 11 - Cigna Consultations
- July 12 - Swing Kids perform to the old Big Band music! Ice Cream Social to top!
- July 15 - Find out the new rules for medical equipment under Medicare. DMEPOS talks about the competitive bidding program.
- July 16 - MJ Moore entertains!
- July 16 - Ann and Paty lead the Open Share Group
- July 18 - Gemini Hospice offers BMI testing
- July 18 - United Healthcare consultations
- July 19 - Music Show by Maddy and Ron
- July 20 - Trip to the Rattler's Game!
- July 22 - Mt. Sinai Jewish Cemetary
- July 23 - San Tan Chiropractic
- July 24 - Diamondbacks Game
- July 26 - Alzheimer's Support Group
- July 26 - Laughter Yoga
- July 26 - Movie in the Lounge: "Trouble with the Curve"
- July 29 - Natural Health Talk
- July 30 - Travis and his acoustic guitar
- July 30 - Open Share Group with Ann and Paty
- July 31 - Trip to newly renovated Vee Quiva
- July 31 - Keith can fix anything on wheels!
- July 31 - Taste of Atria cooking demo

Entertainment, Speakers, Trips, Medical Screenings and Special Events

July 2013

July - September 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Heat Stress Prevention Talk 10 am	2	3 Red, White, and Blue Party! 10 am	4 CENTER CLOSED	5 Creating Cards with Heather 10 am	6
7	8 Medicare Assistance Drumming Circle 10 am	9 Desert Cove 10 am	10	11 BP Checks 10 am Cigna Visit 10:30 am	12 Swing Kids and Ice Cream Social! 10 am	13
14	15 Competitive Bidding Presentation 10 am	16 Open Share Group 9:30 am Music 10 am	17	18 BMI Testing 9 am United Healthcare visit 10 am	19 Music with Maddy and Ron! 10 am	20 Rattlers Trip 5 pm
21	22 Mt. Sinai Jewish Cemetary 10 am	23 San Tan Chiropractic 10 am	24 Dhacks Trip 5:30 pm	25	26 Alzheimer's Support 10 am Laughter Yoga 10 am Movie in the Lounge 1 pm	27
28	29 "Natural Health and Wellness without spending money!" 10 am	30 Acoustic Guitar 10 am Open Share Group 9:30 am	31 Casino 8:30 am MedAssure 10 am Taste of Atria 10 am			

EVENTS CALENDAR

- Aug. 1 - Westchester Senior Living offers free blood pressure checks
- Aug. 2 - Heather teaches how to make cute, homemade cards
- Aug. 5 - Jay Farris entertains
- Aug. 6 - \$2 movie at Tempe Cinemas
- Aug. 8 - United Healthcare consultations
- Aug. 9 - Penny Fox offers "Where are my keys?" memory talk
- Aug. 12 - AARP Volunteers offer free help for Medicare questions. Sign up!
- Aug. 12 - Entertainment by Gene Mann!
- Aug. 13 - Dr. Ponce with Desert Cove 10 am
- Aug. 13 - Ann and Paty run the Open Share Group
- Aug. 14 - Yo-yo Show
- Aug. 15 - Gemini Hospice offers free BMI testing
- Aug. 15 - Cigna consultations
- Aug. 15 - Trip to see "Hairspray" at Hale Theater
- Aug. 16 - Music with C.B. Kelton
- Aug. 19 - Luau with music by David Keller
- Aug. 20 - St. Luke's Hospital presentation
- Aug. 21 - Out to Lunch: Venezia's
- Aug. 23 - Alzheimer's Support Group with Cooper Creek Inn
- Aug. 26 - Samia demo's belly dancing and teaches a workshop!
- Aug. 27 - Trip to the ASU Art Museum.
- Aug. 27 - Ann and Paty run the Open Share Group
- Aug. 28 - Cliff Castle Casino
- Aug. 28 - Taste of Atria cooking demo
- Aug. 28 - Movie in the Lounge: "The Bucket List"
- Aug. 30 - Laughter Yoga

Entertainment, Speakers, Trips, Medical Screenings and Special Events

August 2013

July - September 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 BP checks 9 am	2 Creating Cards with Heather 10 am	3
4	5 Music 10 am	6 Out to the Movies	7	8 United Healthcare 10 am	9 "Where are my keys?" presentation 10 am	10
11	12 Medicare Assistance 9 am Music 10 am	13 Desert Cove 10 am	14 Yo-yo show 10 am	15 Screening 9 am Cigna 10 am Hale Theater 6 pm	16 Music 10 am	17
18	19 Luau 10 am	20 Speaker 10 am	21 Out to Lunch 11 am	22	23 Alzheimer's Support Group 10 am	24
25	26 Belly Dance Demo and Workshop 10 am	27 Trip to ASU Art Museum 9:15 am	28 Cliff Castle Casino 8 am Taste of Atria 10 am Movie in the Lounge 1 pm	29	30 Laughter Yoga	31

EVENTS CALENDAR

- Sept. 3 - Area Agency on Aging presents "Medicare Fraud Prevention"
- Sept. 5 - Free blood pressure checks
- Sept. 6 - Heather teaches how to make cute homemade cards
- Sept. 7 - Grandparent's Day
- Sept. 9 - Medicare Assistance
- Sept. 10 - Dr. Ponce with Desert Cove
- Sept. 10 - Ann and Paty run the Open Share group
- Sept. 10 - \$2 at the Tempe Pollack Cinemas
- Sept. 11 - Trip to the Musical Instrument Museum
- Sept. 12 - United Healthcare consultations
- Sept. 13 - "Know the 10 signs of Alzheimer's" presentation
- Sept. 15 - Laughlin Trip
- Sept. 16 - Music with Jim Bing
- Sept. 16 - Site Council
- Sept. 17 - Music with Carl Nyberg
- Sept. 18 - Out to lunch: Dragon Wok
- Sept. 18 - Cami Pickett is available for 1/2 hr legal advice meetings.
- Sept. 19 - Gemini Hospice offers BMI testing
- Sept. 19 - Cigna consultations
- Sept. 19 - Diamondbacks Game!
- Sept. 23 - Music with Dallas West
- Sept. 24 - Travis and his guitar!
- Sept. 24 - Ann and Paty run the Open Share Group
- Sept. 25 - Taste of Atria cooking demo
- Sept. 25 - Movie in the Lounge: "Lean on Me"
- Sept. 26 - Flu Shot Clinic by Safeway
- Sept. 27 - Alzheimer's Support Group with Copper Creek Inn
- Sept. 27 - Laughter Yoga
- Sept. 30 - Music with Maddy and Ron

Entertainment, Speakers, Trips, Medical Screenings and Special Events

September 2013

July - September 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Center Closed	3 Medicare Fraud Prevention Seminar 10 am	4	5 BP Checks 9 am	6 Creating Cards with Heather 10 am	7 Grandparent's Day!
8	9 Medicare Assistance 9 am	10 Desert Cove 10 am Open Share 9:30 am Out to the Movies	11 Trip to the Musical Instrument Museum 9 am	12 United Healthcare 10 am	13 "Know the signs of Alzheimer's" 10 am	14
15	16 Music 10 am Site Council 9:30 am	17 Music 10 am	18 Out to Lunch 11 am Legal Aid 9 am	19 BMI Testing 9 am Cigna 10:30 am Dbacks Game 11:30 am	20	21
Laughlin Overnight Trip						
22	23 Music 10 am	24 Travis and his guitar 10 am Open Share Group 10 am	25 Taste of Atria 10 am Movie in the Lounge 1 pm	26 Flu Shot Clinic with Safeway 8 am	27 Alzheimer's Support Group 10 am Laughter Yoga 10 am	28
29	30 Music with Maddy and Ron 10 am					



CITY OF CHANDLER
Community Services Department
Mail Stop 501, P.O. Box 4008
Chandler, AZ 85244-4008



**PRESORTED
STANDARD
U.S. POSTAGE
PAID
CHANDLER, AZ
PERMIT NO. 1**

**City of Chandler Recreation Division
Chandler Senior Center
202 East Boston Street**

Senior News

"Read All About Us!"



CITY OF CHANDLER
Community Services Department
Mail Stop 501, P.O. Box 4008
Chandler, AZ 85244-4008



**City of Chandler Recreation Division
Chandler Senior Center
202 East Boston Street**

Senior News

"Read All About Us!"